

# Sweet & Sour Chicken

Product Code: 8-52724-15551-7

# Ling's

## 5th Taste®

*Crispy chicken, finished with our traditional Sweet and Sour Sauce.*

Our products do not contain MSG, artificial coloring or flavoring, peanuts, peanut oil, or lard and are zero trans fat.



**Pack size: 6 - 5 lb. Chicken • 6 - 36 oz. Sauce**

### Ingredients:

Chicken: Boneless, skinless chicken leg meat, water, cornstarch, white whole grain wheat flour, soybean oil, liquid whole eggs, salt, white pepper powder, ground ginger, garlic, green onion.

Sauce: Water, sugar, ketchup, lemon juice, vinegar, modified starch, cranberry sauce, chili powder, garlic, ginger and green onions.

Allergens: Egg products, soy, wheat, and citrus

Made in the USA

### Child Nutrition

Meat/Meat Alternate 2.88 oz. raw chicken

Yield 2 oz. cooked chicken per portion

Recommended serving size:

3.6 oz. = 2.5 oz. chicken and 1.1 oz. sauce

Approximate servings per case: 192

This 3.6 oz. serving provides 2 meat/meat alternate according to the Food Buying Guide for Child Nutrition Programs.

I certify this information is true and correct:

*Loree Espelding*

Vice President

01/03/14

## Nutrition Facts

Serving Size 3.6 oz. (100g)

### Amount Per Serving

**Calories** 140      Calories from Fat 25

% Daily Values\*

**Total Fat** 3g      **5%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol** 40mg      **13%**

**Sodium** 200mg      **8%**

**Total Carbohydrate** 18g      **6%**

Dietary Fiber 0g      **0%**

Sugars 9g

**Protein** 11g      **22%**

Vitamin C 6%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

### Preparation

Place a single layer of chicken on baking sheet. Heat at 400° for 16-20 minutes or until golden brown, and internal temperature reaches 165°. Heat sauce in steamer, low boil in the bag, or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

### Shelf life

1 year frozen

For further information please call, 909.593.4797